



Daily Duas for Kids

Everyday duas from the Quran and Sunnah, with meanings · Page 1 of 2

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Live one-to-one Quran classes

Tie each dua to something your child already does every day. Learn one at a time, say it together at the right moment, and tick the box once it comes without help. Transliteration is only a guide.

Before eating

☐

بِسْمِ اللَّهِ

Bismillah.

In the name of Allah.

If you forget at the start

☐

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillahi awwalahu wa akhirahu.

In the name of Allah, at its beginning and at its end.

After eating

☐

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ
حَوْلٍ مِنِّي وَلَا قُوَّةٍ

Alhamdu lillahil-ladhi at'amani hadha wa razaqanihi min ghayri
hawlin minni wa la quwwah.

All praise is for Allah, who fed me this and gave it to me
without any power or strength from me.

When waking up

☐

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-
nushur.

All praise is for Allah, who gave us life after causing us to
die (sleep), and to Him is the return.

Before sleeping

☐

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya.

In Your name, O Allah, I die and I live.

Before entering the bathroom

☐

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

Allahumma inni a'udhu bika minal-khubuthi wal-khaba'ith.

O Allah, I seek refuge in You from evil and from evil beings.

After leaving the bathroom

☐

غُفْرَانَكَ

Ghufranak.

(I ask) Your forgiveness.

When leaving home

☐

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ

Bismillah, tawakkaltu 'alallah, wa la hawla wa la quwwata illa
billah.

In the name of Allah, I trust in Allah, and there is no power
and no strength except with Allah.



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When travelling

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

Subhanal-ladhi sakhkhara lana hadha wa ma kunna lahu muqrinin, wa inna ila rabbina lamunqalibun.

Glory be to the One who has placed this at our service, for we could never have done it ourselves, and to our Lord we will surely return. (Quran 43:13-14)

When entering the masjid

اَللّٰهُمَّ افْتَحْ لِيْ اَبْوَابَ رَحْمَتِكَ

Allahummaftah li abwaba rahmatik.

O Allah, open the doors of Your mercy for me.

When leaving the masjid

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma inni as'aluka min fadlik.

O Allah, I ask You for Your bounty.

After sneezing

اَلْحَمْدُ لِلّٰهِ

Alhamdulillah. (Reply: Yarhamukallah, "May Allah have mercy on you.")

All praise is for Allah.

For knowledge

رَبِّ زِدْنِيْ عِلْمًا

Rabbi zidni 'ilma.

My Lord, increase me in knowledge. (Quran 20:114)

For parents

رَبِّ اَرْحَمْهُمَا كَمَا رَبَّيْتَنِيْ صَغِيرًا

Rabbir-hamhuma kama rabbayani saghira.

My Lord, have mercy on them as they raised me when I was small. (Quran 17:24)

For good in both worlds

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina 'adhaban-nar.

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire. (Quran 2:201)